



## 2009 H1N1 Flu: Parents and Caregivers of Young Children

- If your child is younger than 6 months, you should get vaccinated against seasonal and 2009 H1N1, since children younger than 6 months cannot be vaccinated.
- If your child is 6 months or older, he or she should get both a regular flu shot and a 2009 H1N1 shot when they are available in your community.
- If your child is 2 years or older and does not have asthma, he or she may get the nasal spray form of the vaccine.
- If your child is 9 or younger, he or she will need two doses of the H1N1 vaccine given 3-4 weeks apart.
- Both you and your child should wash your hands often, cover your coughs and sneezes, and keep a distance from others when sick.
- If you are sick and need to be in close contact with a child, consider wearing a surgical mask or cover your nose and mouth with a tissue and wash your hands frequently.
- If your child is younger than 5 years old (and especially if he or she is younger than 2 or of any age with a condition that places them at high risk of flu complications) and develops flu symptoms (including some or all of the following: fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, or tiredness), please call your health care provider or the nurse advice line at your health plan, clinic, or health department.
- Most people with flu symptoms do not require testing for 2009 H1N1 because the test results usually do not change how you are treated.
- Early treatment with antiviral medicine for young children and children of any age with underlying health conditions is important and can make a big difference. (Treatment within 2 days of when symptoms start is best.)
- Aspirin should not be given to people under the age of 19 with flu, and over-the-counter cough medicine should not be given to children younger than 4 years.
- Underlying conditions in children include asthma or other lung problems, diabetes, weakened immune systems, kidney disease, heart problems, and neurological and neuromuscular disorders.

### Anyone with the following emergency warning signs needs urgent medical attention:

#### CHILDREN

- Fast breathing or trouble breathing
- Bluish skin color
- Not drinking enough fluids
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu-like symptoms improve but then return with fever and worse cough
- Fever with a rash

#### ADULTS

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting
- Flu-like symptoms improve but then return with fever and worse cough

